



Inspirational Health Stories

Mary Louise Stillman from San Bruno, California

Mary Louise Stillman is a grandmother raising her grandchildren. Though currently caring for only three children (twin eighteen-year old girls and an eleven-year old boy), Mrs. Stillman was at one point the primary caregiver of seven children, ranging in age from three to eighteen. Most impressive, Mrs. Stillman has kept her grandchildren and herself healthy by making good lifestyle choices on a limited budget.

With a successful career as a senior accountant, Mrs. Stillman had to resign her job in order to raise her new family. "I sometimes feel like the old lady in the shoe," Mrs. Stillman joked as she described how she has managed to provide healthy food for her family. "I have to be very creative and make most things from scratch." The Stillman household eats a lot of soups made with fresh vegetables and they skip the expensive luxury items like soda that are high in sugar and calories.

Exercise is also an important part of Mrs. Stillman's routine. Her eleven year old grandson was diagnosed with Attention Deficit Hyperactivity Disorder and she finds it takes a lot of energy to keep up with him. To keep physically healthy Mrs. Stillman says she walks a lot. Just as important, Mrs. Stillman goes to movies during the day when the kids are at school. This respite break helps her stay mentally and emotionally healthy.

Those of us that say "I just can't find the time to exercise and eat right" can learn a lesson from Mary Stillman.